



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01006, Cheese, brie

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	48.42	--	1.290	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	334	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1396	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	20.75	--	0.210	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	27.68	--	1.841	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	2.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	0.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<strong>Minerals</strong>													
Calcium, Ca	mg	184	--	9.135	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phosphorus, P	mg	188	--	7.446	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	629	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	2.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.520	--	0.191	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	65	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.65	--	0.156	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	174	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	173	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	592	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	20	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.3	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	17.410	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
4:0	g	0.564	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
6:0	g	0.323	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
8:0	g	0.297	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
10:0	g	0.673	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
12:0	g	0.504	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	3.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:0	g	8.246	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:0	g	2.880	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total monounsaturated	g	8.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:1 undifferentiated	g	1.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:1 undifferentiated	g	6.563	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total polyunsaturated	g	0.826	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:2 undifferentiated	g	0.513	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:3 undifferentiated	g	0.313	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

**Amino Acids**

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.322	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.751	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	1.929	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	1.851	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.592	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	1.340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.716	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.859	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	4.387	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.397	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	2.459	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.168	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003